

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JULY 20, 2007



Pfc. Achilles Tsantarliotis

The winning team, Anti-Submarine Helicopter Squadron Light 37, poses after a vigorous three-match volleyball championship at the Semper Fit gym Friday.

## Underdog triumphs in championship

**Pfc. Achilles Tsantarliotis**

*Combat Correspondent*

Anti-Submarine Helicopter Squadron Light 37 defeated Marine Aircraft Group 24 for the volleyball championship July 12 at the Semper Fit Gym in a tie-breaking match by two points, 18-16. Using vicious defense and well-rounded teamwork, HSL-37 was able to come from the least likely contender at the beginning of the season to champions.

"Well we're coming from the bottom of the bracket, and we're coming hard," said Colan C. Chandler, captain of HSL-37. "When we hit the

playoffs and did so well... that's when we knew we had a good chance, that was our turning point. Never mind our last game of last season was with these guys, so there's a good bit of rivalry between us, especially since I've known the gunny since I was a lance corporal so many years ago."

The game started with the utmost intensity, it was evident both teams were playing focused and ready for the title.

Ken Uchida, of HSL-37, started the first point in match one with a crushing serve.

Prolonged volleys and a fight for each point was the attitude of the game, with good form

and by-the-book plays of bump, set and spike being used extensively.

Keith A. Myers of MAG-24 dove for a wild ball out of bounds and saved it, allowing Barrientos C. Bino to perfectly set up Zack A. Rubio for a spike to an unmanned location tying it up 11-11.

Tatiana A. Sablan of MAG-24 saved a spike from Chris L. Dixon of HSL-37, and allowed Marvin Sablan to secure their lead, 18-15.

MAG-24's Jorge L. Loera ended the game with a well-placed shot resulting in 25-20.

With MAG-24's victory in match one there was a certain amount of pressure on HSL-37 to

play much harder and more cohesively.

"Well we need to stay motivated, maybe change the rotation around and we'll fight for the second game," said Luis R. Nieves, of HSL-37.

The team had strong aspirations, with all members displaying aggressiveness and eagerness for the second match.

"It's a fight to the end, the first game just shows us what we need to change," Chandler said. "We need to pass the ball more to set it up, this is all we got, we need to stay in it."

*See CHAMPS, C-2*

## Water safety important in summer months

**Lance Cpl. Regina A. Ruisi**

*Combat Correspondent*

Although Hawaii's weather makes it possible for beach goers and water sports enthusiasts to enjoy the beaches year round, summertime beckons more time on the water. Water safety is an important issue to consider before hitting the beaches this summer, whether it's for a day out with the family or surfing with friends.

"The biggest thing to remember is to know your limitations," said Cpl. Jeffery Caraway, Combat Camera safety representative. "I see a lot of people try things above their skill level. The other major mistake is to go into a situation not knowing just how dangerous the water can be."

Most public beaches post signs that warn visitors what to look out for in the water. A lot of Oahu's beaches have lifeguards posted who should always be consulted before entering the water.

Doing research on a beach is important before spending a day out there, Caraway said.



Lance Cpl. Regina A. Ruisi

A surfer catches a wave at North Beach on base, where surfing is a popular pastime. A lifeguard is present at North Beach to help protect beach goers.

Hawaii-based web sites can help provide important information, like what beaches are dangerous for swimmers, if there are any watches or warnings from the National Weather Service or hazard forecasts that are in place. A good source of information is <http://oceansafety.soest.hawaii.edu>. The base marina can

also provide information about beaches on base.

"Our own Pyramid Rock is a favorite beach of surfers," Caraway said.

The beach, however, can be hazardous to beginning surfers, as the waves can get up to 20-feet, said Mike

*See WATER, C-2*



Lance Cpl. Regina A. Ruisi

Aggressive defense for both teams led to a low scoring game when the Wizards took on HQBN at Pop Warner field here Monday. The Wizards defeated HQBN in a close 2-0 game.

## Wizards slide by HQBN 2-0

**Lance Cpl. Regina A. Ruisi**

*Combat Correspondent*

The Commander, Patrol and Reconnaissance Wing Two "Wizards" shut out Headquarters Battalion in their final game before the playoffs with aggressive defense and impressive goal keeping.

The Wizards beat HQBN 2-0 in a game that allowed little room for scoring and proved the defensive power of the two teams.

The Wizards showed up early to get warmed up for the game in hopes of improving their 4-5 record.

"We feel good," said Eli Gonzalez, Wizards' coach. "We all came early, did a little kicking and stretched out."

After both teams were stretched out, they took the field to start the game. HQBN had no substitutes standing on the side.

"We're playing 11 men on 15," said Jorge Alvarez-Nunez, HQBN coach. "They can be fresh the whole game, and we're going to get worn down."

Headquarters defense had every reason to be worn down, after stellar performance in the first half. Wizards' offense kept the ball near the HQBN goal through almost the entire first half, but only managed to get one goal past HQBN goalie Zachary Theisen.

Theisen defended the goal with everything he had, but Headquarters' offense couldn't get

*See SLIDE, C-2*



# ONGOING SPORTS BRIEFS

## Youth Soccer

Marine Corps Community Services Youth Activities’ Youth Soccer will begin in August. For more information, call 254-7611.

## Parents for Fitness

The Parents for Fitness Program is a cooperative baby-sitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer baby-sit three times per month and is open for children 6 weeks and older. For more information, contact Dana at 235-8901.

## Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers. Avoiding the traffic and crowd of Oahu’s South Shore, Bill Collectors charters fish from the uncrowded waters of windward Oahu. Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

## Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island. Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping. Reservations are required. Call 254-7666 for Kaneohe or 477-5143 for Camp Smith for more information.

## Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities’ contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store. Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call Youth Activities at 254-7610.

## Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283 for appointments.

## K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and 50 cents to rent shoes. For more information, call K-Bay Lanes at 254-7693.

## K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win! For more information, call the K-Bay Lanes at 254-7693.

## Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation. You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings. They will do all this and tailor a program, based on your physical needs and ambitions. For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency. Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

## Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts. The class schedule for Fridays is as follows:

**8:45 to 10 a.m.**  
Step Challenge

**11:45 a.m. to 12:15 p.m.**  
Gut Cut

**4:45 to 5:45 p.m.**  
Cycling

**5:45 to 6:45 p.m.**  
Pilates

**7 to 9 p.m.**  
Aikido



Pfc. Achilles Tsantariotis

Zach A. Rubio and Jorge L. Loera of MAG-24 set up a wall to deflect a spike by HSL-37’s Paul M. Mikolajewski.

## CHAMPS, from C-1

Starting strong in the second match, T. Sablan tapped it over deceitfully only to be returned with a vengeance by Paul M. Mikolajewski of HSL-37, securing a minor lead, 4-0.

Bino struck with laser-like-sight to an uncharted territory displaying the relentless effort, trailing 17-9. Rubio dove for a ball hit loose that was going out and made a perfect play saving it and attempting to catch up to HSL-37s lead, 24-15.

Bringing in “Pocho” Nieves for the ending serve, he secured their win, 25-15.

In the tiebreaking match there was a great deal of athletic tension, Dixon led with an exuberant slam, tying it 2-2. Mikolajewski and Dixon formed an impenetrable wall and rejected the last attempt from an extended volley by Bino tying it, 5-5.

After a tough volley, and a dying attempt to keep HSL-37 from scoring, it ended heroically with the underdog emerging as the victor.

“I’m appreciative the team played so well together, they showed the fundamentals of volleyball and we won with it,” Chandler said.



Pfc. Achilles Tsantariotis

Chris L. Dixon of HSL-37 goes up for a destructive slam during match one of the volleyball championship Wednesday. This was the championship game between HSL-37 and MAG-24, that HSL-37 won in the tie-breaker match by 2.

## SLIDE, from C-1

past the Wizards’ defensive line up, and the score was left 1-0 in favor of the Wizards at the end of the first half.

During half time, Alvarez-Nunez reminded his team that they needed to keep up their defensive skills, but turn on the aggression.

“We’re holding them, we just need to get more aggressive,” he said. “Hopefully they’ll just snap into it. As long as we get that aggression out there we should be alright.”

Even with increased aggression, HQBN couldn’t put a point past the Wizards’ defense. Both teams kept up the defense, with both goalies blocking goal after attempted goal throughout the game.

With about eight minutes left on the clock, HQBN got their chance for an easy point when they stepped up for a penalty shot. A wall of Wizards’ bodies blocked the shot.

With less than four minutes left in the game, Theisen lost control of the ball on a save and it ended up in the hands of a HQBN player, allowing a penalty shot to go to the



Lance Cpl. Regina A. Ruisi

Wizards’ left midfielder, Jeffery Biederman, goes for the ball with his head during a game against Headquarters Battalion’s soccer team at Pop Warner field here Monday. The Wizards beat HQBN 2-0.

Wizards. Offensive player Poky Nicolas took the shot and scored the second point of the game, bringing the score to 2-0, Wizards. The game ended with no retaliation from HQBN.

“We weren’t playing as we usually play,” Alvarez-Nunez said. “We weren’t gelling.” The game ended with both teams shaking hands and wishing each other well in the playoffs. The intramural soc-

cer playoffs begin Monday. “We did well,” Gonzalez said. “We have fun playing. It doesn’t really matter who wins. Both teams have fun. It’s better than staying at work all day.”

## WATER, from C-1

Wertz, senior beach manager, Marine Corps Community Services. Pyramid Rock is just one of the four beaches Marine Corps Base Hawaii has to offer its residents. North Beach joins Pyramid Rock in offering surfing for visitors, and both beaches have lifeguards posted. During calmer times, North Beach also gives visitors the chance for swimming and snorkeling. Fort Hase Beach is a good area for fishing, and children can frequently be found in the waters of Hale Koa Beach, Wertz said. Parents should be wary of water safety while enjoying a day at the beach with their children. Parents are warned that keeping their children within eyesight is important, as well as teaching children how to swim and to be cautious of the water. “It’s important for parents to teach their kids how to swim,” Caraway said. “You can enroll them in swimming classes or

teach them to swim yourself, whichever is faster. Whether they like to swim or not, it’s a smart thing for them to know how to incase of an accident.” Families and adventure seekers should also be aware of bacteria in water that can cause health issues. Leptospirosis is commonly found in fresh water around Hawaii, especially water that is stagnant. The disease can cause meningitis, respiratory difficulty and other problems. “You usually see signs that mark Leptospirosis by bodies of water,” Caraway said. “I swim in them numerous times a month, and they can effect everyone in a different way, but I think the biggest thing is to stay away from the water with any major open wounds.” Whether it’s a summertime trip to the beach with the family or a daily surfing adventure, water safety is always important. Although the water is more dangerous in the wintertime, it’s important not to forget water safety in the summer, when the beaches have more visitors.



# SPOTLIGHT ON SPORTS

## — SPORTS BRIEFS —

### Senior Fit

The Senior Fit/Semper Fit Center, located at building 3037, will be hosting an eight-week fitness program geared specifically for the older populace. The program, which costs \$30 per person, begins Tuesday and ends Sept. 7. For more information, contact Jon Shiota at 254-7597.

### Summer Basketball

The intramural summer basketball league is beginning soon. Games will be held Monday, Tuesday, Wednesday and Friday at 6 p.m., 7 p.m. and 8 p.m. Fore more information, call Joe Au at 257 7591.

### Youth Activities

Register now through July 31 for youth flag football, in-line hockey and cheerleading. These activities are open to children born between 1992 and 2002. Practices begin on Sept. 4 and games begin on Sept 29.

Uniforms are included with registration costs.

Football fee is \$60, hockey fee is \$65, and cheerleading fee is \$95.

For more information, call Youth Activities at 254-7610.

### Women's Softball

The Women's Softball team meets every Thursday at 6 p.m., at the Annex Field. The team is still looking for players to participate.

### Varsity Basketball Coaches

Varsity Men's and Women's Basketball coaches are needed. Applications are currently being accepted.

### All-Marine Golf

The All-Marine Golf team is now accepting applications for qualified players. Qualified men must have a handicap of four or lower and qualified females must have a 14 or lower. For more information, call Meghan Brophy at 254-7590 or go to Building 219 for an application.

The following are the dates and locations of the tournaments.

All-Marine (Sept. 14-20) MCB Lejeune, N.C.  
Armed Forces (Sept. 21-27) NAS Oceana, Va.  
CISM (Sept. 30 - Oct. 6) Pretoria, South Africa

## BASE POOL HOURS

The base pool offers a water slide, diving boards and a kiddie pool for the keiki.

### Summer hours:

#### Open swim

Tuesday through Thursday 1 to 6 p.m.  
Saturday and Sunday 12 to 6 p.m.

#### Adult Lap swim

Tuesday through Thursday 11 a.m. to 1 p.m.  
Saturday and Sunday lanes available 12 to 6 p.m.

#### Water Aerobics

Tuesday and Thursday 11:30 a.m. to 12:30 p.m.  
Saturday 10 to 11 a.m.

The pool is closed on Mondays. For more information, call 254-7655.



## 2007 Intramural Standings



### Soccer

TEAM	WINS	LOSSES	TIE	PTS
CSSG-3	10	1	1	21
3RD RADIO BN	9	2	1	19
VPU-2	6	4	3	15
HQBN	5	6	1	11
HSL-37	3	6	3	9
MALS-24	2	8	2	6
VP-9	0	8	3	3

Standings as of July 17

## Commander's Cup stats

Team Standings													
Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap	Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap
1	AINOKEA	66	30	651	118	54193	11	VP-9	46	50	539	207	53554
2	Ghost Team	58½	37½	591	166	55425	12	The Happy Team	44	52	520	222	51455
3	3 Putts	58½	37½	574	179	55252	13	The Untouchables	43	53	483	253	53546
4	Golden Eagle's	57	39	625	138	55355	14	Effin' H	42	54	590	167	54403
5	Team 17	57	39	460	271	53735	15	Flaming Hookers	42	54	610	150	49885
6	4th Force Recon	55	41	566	186	54708	16	Team 3	39½	56½	615	147	45044
7	BANNED	54	42	649	120	55111	17	The Blue Ballers	39	57	546	202	51651
8	Team Whidbey	53½	42½	593	163	55082	18	Big Ern's Kids	37	59	542	205	47131
9	Illegal Affairs:ReDux	49½	46½	667	104	55973	19	Da Pin Droppers	36	60	464	267	54068
10	Pinheads	46½	49½	547	202	54436	20	Team Ramrod	30	66	466	266	50447

Results of Last Week's Bowling.....

Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON
1-2	VP-9	733	768	736	2237	4	Flaming Hookers	0	0	0	0	0
3-4	The Happy Team	728	715	799	2242	2	Effin' H	691	802	792	2285	2
5-6	The Untouchables	754	790	839	2383	4	The Blue Ballers	746	764	822	2332	0
7-8	Team 3	793	869	753	2415	3	Da Pin Droppers	778	748	765	2291	1
9-10	Big Ern's Kids	762	753	736	2251	4	Team Ramrod	731	743	721	2195	0
11-12	AINOKEA	788	848	823	2459	1	Ghost Team	869	806	843	2518	3
13-14	Golden Eagle's	742	747	844	2333	2	Team 17	744	766	721	2231	2
15-16	3 Putts	804	855	798	2457	4	Team Whidbey	791	836	786	2413	0
17-18	BANNED	772	764	740	2276	1	4th Force Recon	757	880	788	2425	3
19-20	Illegal Affairs:ReDux	700	743	810	2253	3	Pinheads	690	775	759	2224	1

Last Week's High Scores for Immediate Release

Scratch Game			Scratch Game			Scratch Series			Scratch Series		
Men	243	Dan Burford	210	Shawn Harrison	671	Bryan Toulson	466	Kumi Martin			
	233	Marc Gonsalves	207	Jim Martin	636	Marc Gonsalves					
	228	Bryan Toulson	207	Marc Gonsalves	610	Dan Burford					
	226	Zach Augustine	207	Brock Brothers	604	Mark Gleason					
	224	Mark Gleason	205	Matthew Tumbrick							
	224	Mathew Chitwood	205	Scott Hammond							
	224	Bryan Toulson	204	Michael Saxe							
	223	Jim Martin	202	Rich Nixon							
	223	John Murphy	201	Salvatore Taibi							
	219	Bryan Toulson	201	John Murphy							
Women	217	Lenny Weng	200	Mark Gleason							
	215	Dan Burford									
		182	Carey Berky	549	Melenie Nixon						
		201	Abby Hammond	507	Abby Hammond						



# Alcohol abuse

## The sober truth about overindulging

**Holly Selders**  
*LIFELines*

You've seen the headlines, the billboards, and the advertisements about drunk driving, but have you ever stopped to think about them? Alcohol use and abuse has become a national tragedy. Possibly the oldest drug known to man, alcohol is the legal drug of choice.

According to a new study reported by HealthScoutNews, nine percent of the national workforce has alcohol-related problems, and the National Institute on Alcohol Abuse and Alcoholism reports that "two-thirds of the population drink, but 10 percent of all drinkers (those who drink most heavily) drink half of all alcohol consumed."

If nine percent of the population had West Nile virus, that's all you would think about. And you'd probably be worried enough to do something about it. Frankly, the truth about overindulging is that it's unhealthful, unglamorous and just plain dangerous. Dr. Randy Eltringham, founder of LIFELines, can tell you first hand. Her 23-year-old second cousin, Jeremy, was the passenger in a red Ford Mustang GT one night. The driver, William, Jeremy's best friend, was racing the car, and he was drunk. He lost control and crashed into a utility pole. Jeremy died instantly of head injuries. William escaped alive, but he lost his best friend and faced legal difficulties. This is just one story — the list of victims is endless.

**How Alcohol Poisons You**

Binge drinking is defined as “...an extended period of time (usually two or more days) during which a person repeatedly administers alcohol or another substance to the point of intoxication, and gives up his/her usual activities and obligations in order to use the substance” by the Journal of Studies of Alcohol. It is often associated with various health risks such as cancer, liver disease, malnutrition and accidents.

Technically, alcohol is an organic chemical compound (C2H5OH for organic chemists). It's a clear, flammable liquid that easily dissolves in water and has a slight but distinct odor. Packed with seven calories per gram, alcohol's most popular quality is that it is a central nervous system depressant. A quick worker, alcohol doesn't need to be digested; it's absorbed through the walls of the stomach and small intestine. On an empty stomach,

about 20 percent of the alcohol in one drink can reach the brain within one minute. Alcohol enters the bloodstream through the veins and capillaries of the digestive system and dissolves in the water in the blood. The heart pumps the alcohol-rich blood throughout the body, where it acts on all the organs and tissues, especially the brain and liver.

As a person's blood alcohol concentration increases, alcohol acts on nerve cells in the brain by interfering with communication between cells. Alcohol suppresses excitatory nerves, slowing you down and increases the activity of inhibitory nerve pathways, which slows you down even more. The higher centers in the brain, which control movement and thought, are affected first, progressively moving to lower centers.

First the cerebral cortex is affected. As alcohol is ingested, voluntary motions slow down, behavioral inhibitions are removed, and a person's pain threshold goes up. When this area is affected, people are relaxed, talkative and may say or do things they wouldn't ordinarily do. The thought processes slow down.

Next, the brain's limbic system, which controls emotions and memory, is affected. As a person's BAC goes up, they may display overly affectionate or aggressive behavior. Memory loss comes from this area.

The cerebellum, the next area affected by alcohol, coordinates fine muscle movement and balance. This is the area that the famous finger-to-nose roadside examination was designed to test. The hypothalamus and pituitary gland, which control automatic functions such as sexual arousal and sexual performance, are the next to go. It's worth noting that prolonged heavy drinking is shown to increase breast size in men, shrink testes and reduce sperm cell count. Researchers believe this is due to increased estrogen production. Women, in general, tend to be more vulnerable to alcohol because of estrogen.

The medulla, which controls breathing, heart rate, blood pressure, body temperature and consciousness, is affected last. Ingest enough alcohol and the medulla can shut down or malfunction, resulting in death.

The body eliminates alcohol at the rate of approximately 1/2 ounce per hour, so it takes roughly one hour to eliminate the alcohol in one 12-ounce beer. The kidneys eliminate 5 percent of the alcohol via urine, 5 percent is excreted by the lungs (which is the basis of the breathalyzer test) and the remaining 90 per-

cent is broken down in the liver.

The liver takes the heaviest toll of overindulgence. In the liver, oxidation changes alcohol into acetic acid. The acetic acid turns into fatty acids, carbon dioxide and water. Although the liver can process alcohol fairly well, heavy drinking results in a liver clogged with this excess fat. Called fatty liver, this condition leads to alcoholic hepatitis (inflammation), fibrosis and eventually cirrhosis (scarring). Excess fat can accumulate after only one night of heavy drinking.

Normally, the kidneys reabsorb water as they clean the blood. Alcohol inhibits the production of anti-diuretic hormone (ADH), preventing the kidneys from reabsorbing the water. The kidneys produce more urine, and you run to the bathroom more often. This also leads to dehydration, a symptom of hangover.

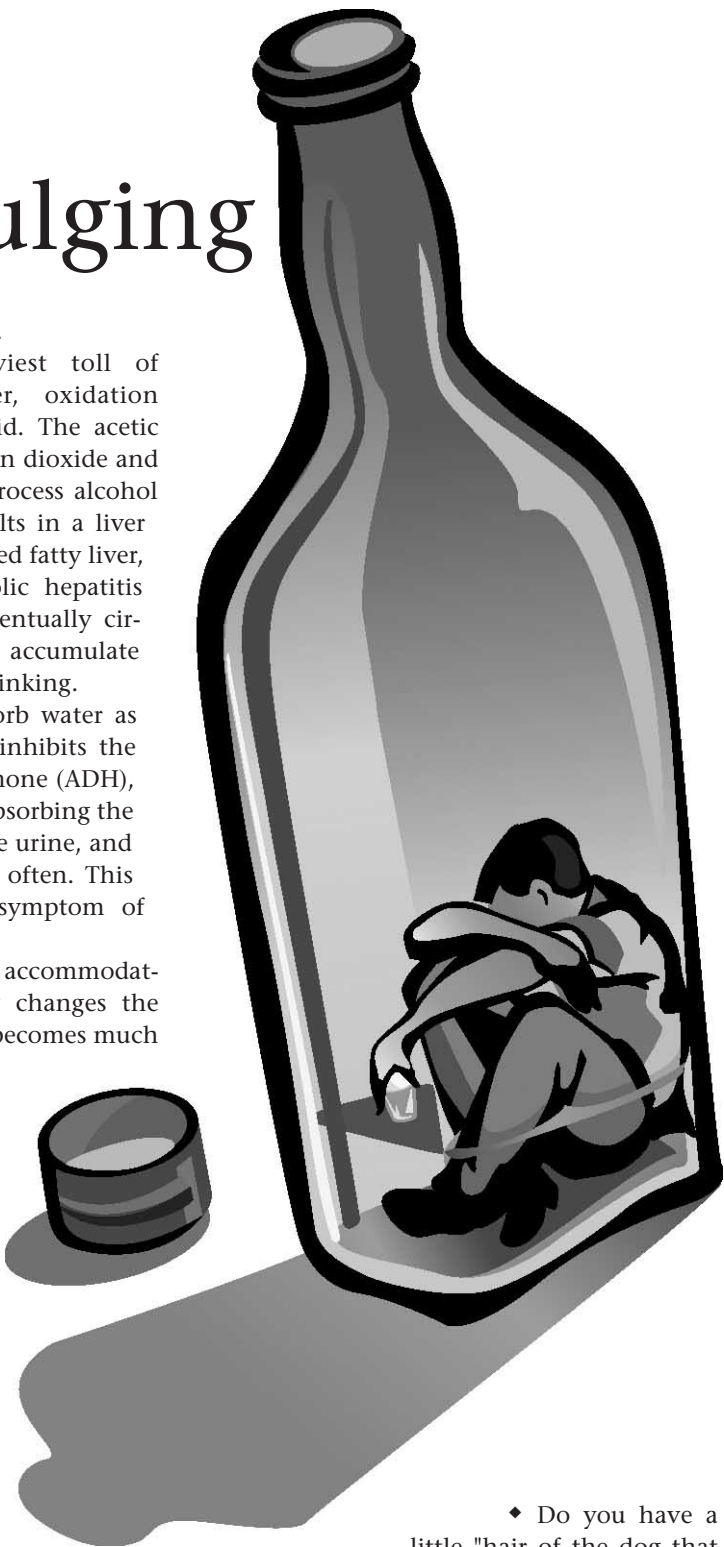
The human body is extremely accommodating. Prolonged heavy drinking changes the body's chemistry, and the body becomes much more capable of handling alcohol. Consequently, you need more alcohol to produce the same euphoric feeling. A heavy drinker's ability to feel pleasure physically and emotionally is also compromised.

One researcher uses an "empty bank account" analogy to explain this dependence. When you drink, all your pleasure gets withdrawn in one transaction. Your "pleasure account" is empty, so when you try to draw on those same feelings, there's nothing there. This "emptiness" drives the need to drink in order to feel normal, which leads to more drinking to feel good the next time, and so on.

**Do You Have a Problem?**

There is a simple way to know if you or someone else has a drinking problem or has crossed the line into heavy drinking. The National Institute of Alcohol Abuse asks these questions:

- ◆ Have you ever felt you should cut down?
- ◆ Are you annoyed when people question or criticize you about your drinking?
- ◆ Do you feel bad or guilty about drinking?



◆ Do you have a little "hair of the dog that bit you" just to feel better the next day?

If you answered yes to any of these questions, you probably need to ask more questions or get a professional assessment.

If you want to cut back or realize you need help to do so, contact a clergy member, a chaplain, your doctor, a local chapter of Alcoholics Anonymous, or Down Your Drink. The truth about overindulging is that irresponsible use of alcohol can devastate not only your own life, but also the lives of those around you. Drunk driving is a preventable crime, and alcoholic cirrhosis is a preventable disease. So if you are out socializing or partying, every 15 minutes, think before you drink. The life you save may be your own.

# Grief is a natural healer

**Deborah Moore**

*LIFELines*

When a loved one dies, people's feelings boil over in the form of anger, frustration, confusion, regret, helplessness and hopelessness. Many people are not prepared for the loss of a friend or a loved one or for the process of grieving. To understand the cycle of loss, you should realize that grieving is natural and it helps us heal emotionally.

People go through grief in their own way while adjusting to the significant changes and loss caused by a death. If you lose someone close, begin the grieving process by doing only the things that are meaningful and important to you and your family.

**What to Expect**

Grief may be expressed physically or emotionally and may have some of the same symptoms as clinical depression. Try not to drug yourself — others may try to ease your pain by giving you pills and tranquilizers. This only takes away the sharp ache — it leaves the dull pain for a longer time. If you need medical or psychological assistance, seek professional help. Don't self-medicate or turn to alcohol. Call your local Fleet and Family Support Center for information and referral help, call ChaplainCare at (877) 418-6824 or check out the Grief-Recovery Hot Line at (818) 907-9600 or (818) 907-9600.

Grief has different stages. For example, some people experience disbelief immediately fol-

lowing a death. You may think, "This isn't really happening to me." You may forget from time to time that the loved one is really gone. You might expect to see your lost family member or friend walking through the door or sitting in a favorite chair.

The funeral helps to bring closure and, in many cases, brings the surviving family and friends closer together. During this time, talk about death and share your feelings with others. This is a good opportunity to express any anger, guilt or frustration. Encourage people to talk about the person who has passed away. You should talk about the fond memories and special experiences, as well as how much the deceased will be missed. Remember, communicating your feelings with others helps with the pain.

After the funeral, do not withdraw — you will need others. Tell people your needs and surround yourself with love and care. When friends and family have gone, reality begins to set in. Take one day at a time. During this phase, people generally become angry and think about the "what ifs." Many people go over and over different scenarios in their heads. "What if I had called the doctor earlier?" Or "I should have told her how I felt." Or "I wish I had done this differently." Don't condemn yourself. "If onlys" just slow the process of getting yourself back in balance.

**Take Time to Heal**

You may need to make important decisions about the future. Focusing on them may seem



File photo

too difficult. Don't make major decisions when you are off balance. Try not to anticipate problems — give yourself plenty of time to get your perspective back before making life decisions that will affect your future and your family's. Don't run away — friends and family may suggest a long trip as a healing technique, but, in reality, that is just packing your emotions and loss into a suitcase. The best place for readjustment is at home.

One of the many clichés you hear when someone has died is that time is a great healer. This is true, but remember, the grieving process has no fixed time limit. People who are grieving should pace themselves. People heal in

their own way and in their own time. There is no beginning or ending date when dealing with a loss.


When people say "Come on, snap out of it," let them know that you still need time to grieve. Assure them that you will get better, but perhaps not in their particular manner or time frame. Eventually, life will once again become normal and routine, although it will probably never be the same as it was before the death.

Over time, you will still grieve and miss your loved one, but you will get better. One day you will wake up and forget to grieve, forget to cry, and instead, you'll realize that things will be okay.




*A*

HEALTHY  
TAN IS THE  
FIRST SIGN  
OF SKIN  
CANCER.



IRONIC,  
ISN'T IT?

The fact is, tanning can lead to melanoma/skin cancer. So examine yourself regularly. Look for blemishes larger than a pencil eraser, multi-colored or asymmetrical in shape. If you have any questions, see your dermatologist.



spot  
MELANOMA/SKIN CANCER  
EARLY

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— AROUND THE CORPS —

# Padres salute Armed Forces

**Lance Cpl. Nathaniel Sapp**  
*MCB Camp Pendleton*

**SAN DIEGO** — In a tribute to the military and Independence Day, the San Diego Padres went with a different looking uniform for their game on July 4 at Petco Park.

Sporting a desert camouflage style baseball uniform, the Padres took on the Florida Marlins.

Before the game began however, the Padres gave a Salute to the Military in their opening ceremony in honor of Independence Day.

Actors bearing the American Flag and dressed in uniforms representing the Revolutionary War-era stood in a line behind the pitchers mound as Navy Petty Officer 1st Class J. J. Gentry, an explosive ordnance disposal technician sang the National Anthem.

"I tried not to talk beforehand so my voice would be perfect," Gentry said. "It was a good feeling being in front of all these people."

Gentry, an Operation Iraqi Freedom veteran who was dressed in uniform, said the day had more significance than just singing in front of a large group.

"I love this great nation, I love being able to serve in my military," he said. "It means a lot to me."

After Gentry completed "The Star-Spangled Banner," two pitches were thrown before the game officially began.

Lance Cpl. Josh McAlvey, a 22-year-old military policeman, tossed out the first pitch. McAlvey's wife entered him in a contest on a radio station and he was ultimately selected to do the honors.

"It's a buzz to be here on the field," said McAlvey, from Lake Chelan, Wash. "I really can't believe it."

McAlvey, an Operation Iraqi Freedom veteran, smiled when he was asked what the 4th of July meant to him.

"What doesn't it mean?" he said, describing the significance of the day as the "reason behind why we fight."

A third veteran also took part in the opening ceremony.

Throwing a pitch before the game was Navy Petty Officer 3rd Class Nathaniel Leoncia, a 25-year-old corpsman from Temecula, Calif.

While serving in Iraq with 3rd Battalion, 7th Marine Regiment, 1st Marine Division, Leoncia was struck by the blast of an improvised explosive device.

Navy corpsmen serve side-by-side with Marines, usually one per platoon, and act as emergency medics to give on-the-scene treatment when a service member is wounded.

Walking off the field to a stadium full of cheering fans, Leoncia was all smiles as he rejoined his family.

While including service members in the pre-game festivities is a nice gesture, the Padres have taken it a step further.

Before the game began, they announced a partnership with America Supports You, a program created by the Department of Defense to show support for members of the Armed Services.

Fans who attended the game, which was broadcast around the globe on the Armed Forces Radio Network, were also given the opportunity to send a group "text message" to U.S. Forces stationed around the world.

Later on in the game, between innings, Gentry took the field for an encore performance. As "God Bless America" resonated through the stadium, fans were on their feet,



Lance Cpl. Nathaniel Sapp

**Navy Petty Officer 1st Class J. J. Gentry, explosive ordnance disposal technician, sings the National Anthem at a San Diego Padres home game July 4.**

singing along and holding small American Flags.

It was clear that there is still a patriotic feel about baseball, "America's past time."

"This is the day to celebrate," said Dan Outcalt, a 49-year-old salesman from San Diego. "I mean, there is nothing better than a baseball game on the

4th of July."

And what was the score? The desert-cammie jerseys must have been lucky. Padres: 1, Marlins: 0.



Lance Cpl. Nathaniel Sapp

**Navy Petty Officer 3rd Class Nathaniel Leoncia, corpsman, 3rd Battalion, 7th Marine Regiment, 1st Marine Division, throws the opening pitch at a San Diego Padres Game July 4.**